

# Teen Adaptive Programs



## ADAPTIVE RECREATION SWIM

Have some fun in that water at the Centennial Recreation Center's indoor pool. The water play area will be turned on for some fun free play. Youth must be able to follow the direction of lifeguards or be accompanied by a responsible adult. Fee is charged at the door. Caregivers can enter the facility at no charge.

Instructor: Centennial Recreation Center Lifeguards

**Location: Centennial Recreation Center, Pool**

Date	Day	Time	Age
1/7-5/27	TH	3:30pm-4:30pm	3-18

Residents: \$5 / CRC Member: Free

Non Resident: \$7 / CRC Member: Free

## SPRING FLING

Start Spring off right dancing to the fun beats of our local DJ. Have fun meeting new friends and dancing the afternoon away. This event is designed for youth and adults with disabilities. There is no charge for parents or caregivers to stay at the event.

Instructor: CRC Staff and Volunteers

**Location: Centennial Recreation Center, Multipurpose Room**

Activity#	Date	Day	Time	Age	Sessions
2600.101	3/26	F	6pm-9pm	12+	1

Residents: \$6 / CRC Member: \$5

Non Resident: \$7 / CRC Member: \$6

# Teen Aquatics

## FUN 'N' FIT SWIM CONDITIONING

Where getting fit is fun! This is an introductory program, for ages 5-17 years, leading to potentially joining a swim team. Class is Monday through Thursday and features:

- Everybody Wins Philosophy
- Focus on FUN
- Emphasis on the four competitive strokes
- Individual recognition for all participants
- No USA Swimming Registration is required
- Must be able to swim one length (25 yards) free-style, one length (25 yards) back-stroke, and 15 yards breast-stroke
- No swim meet requirements

Instructor: Morgan Hill Aquatics Center staff

**Location: Morgan Hill Aquatics Center**

Activity#	Date	Day	Time	Age	Sessions
4591.101	1/11 - 2/4	M-TH	4pm-5pm	5-17yrs	16
4591.102	2/15 - 3/11	M-TH	4pm-5pm	5-17yrs	16
4591.103	3/22 - 4/15*	M-TH	4pm-5pm	5-17yrs	16
4591.104	4/26 - 5/20	M-TH	4pm-5pm	5-17yrs	16

\*No class on 4/8 due to a swim meet hosted at the Aquatics Center

Residents: \$63/ CRC Member: \$56

Non Resident: \$70/ CRC Member: \$63

## RED CROSS LIFEGUARDING CLASS

Classes are designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid and Lifeguard Training. Students must pass a basic swim test on the first day of class. Passing of class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

**Location: Morgan Hill Aquatics Center**

Activity #	Date	Day	Time	Age	Sessions
5540.101	2/15 - 2/19	M - F	9am-5pm	15yrs+	5
5540.102	4/5 - 4/9	M - F	9am-5pm	15yrs+	5

Resident: \$175/ CRC Member: \$170

Non Resident: \$180/ CRC Member: \$175

## WATER SAFETY INSTRUCTOR

Be certified to teach swim lessons for that perfect summer job! The goal of the Water Safety Instructor course is to train instructor candidates to teach the six levels of the Learn to Swim Program; the Basic Water Rescue course and the Parent & Child Aquatics program; and for eligible individuals, the Safety Training for Swim Coaches course.

Pre-requisites: 16 yrs of age and able to pass the swimming pre-test, which consists of swimming 25 yards of the following strokes: front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly (15 yards).

Classes will start in early March. Please call 408-782-2134 x 701 for exact dates/ times or email [jolie.hunter@morganhill.ca.gov](mailto:jolie.hunter@morganhill.ca.gov)

## AQUATICS TRIATHLON TRAINING PROGRAM

This program is designed for swimmers looking to improve their competitive swimming skills for participation in swim meets, open water races, or triathlons. Those participating will receive coached instruction during scheduled swim times at the Morgan Hill Aquatics Center. This program is not a swim lesson program, but is for intermediate/advanced swimmers looking to strengthen their skills. Coached workouts are scheduled throughout the week at various times. Contact the Aquatics Center for the current schedule.

Instructor: Tim Thornton

**Location: Morgan Hill Aquatics Center**

Monthly Fee for CRC Member: \$25

Daily Drop in fee: \$14 Resident /\$15 Non-resident



## DIVE-IN MOVIE

Forget about sitting in a movie theater when you can hang out at the CRC for a movie. Come join us for our special Family Dive-In Movie and watch the movie poolside.

**Location: Centennial Recreation Center, Pool**

Saturday February 27	7:00-10:00pm
	Movie: "Cars"
Saturday March 27	7:00-10:00pm
	Movie: "Ice Age Dawn of the Dinosaurs"
Saturday April 24	7:00-10:00pm
	Movie: "Up"

Members FREE

Non-Members pay regular day pass fee

(Resident: Adult \$9, Youth \$5; Non-Resident: Adult \$10, Youth \$7)